



## **Youth Try-athlon**

**Saturday, August 9, 2014**

Welcome to the initial Harrisonburg Parks and Recreation Youth Try-athlon. Our intentions are for everyone to enjoy themselves while participating in three variations of physical activity including swimming, cycling, and running.

This event is designed to be a low-key introduction to triathlons for the ages of 5-14. All finishers will receive a race completion medal. As we will post event results, we will not be awarding places. The courses have been setup and designed to fit all levels of ability and experience. Our goal is for everyone to complete the course and take the focus away from competition. We want participants to enjoy themselves and have the desire to participate in future events.

**Event Site:** All events will take place at Westover Park and the surrounding neighborhood.

**Event Times:** Check-in for Both Age Groups: 6:30am-7:30am

Pre-event Introductions and Instructions: 7:45am

Ages 10-14 Event Start: 8:30am

Ages 5-9 Event Start: 10:30am or 30 minutes following the last 10-14 finisher

**Registration Deadline:** August 1, 2014. No event day registration.

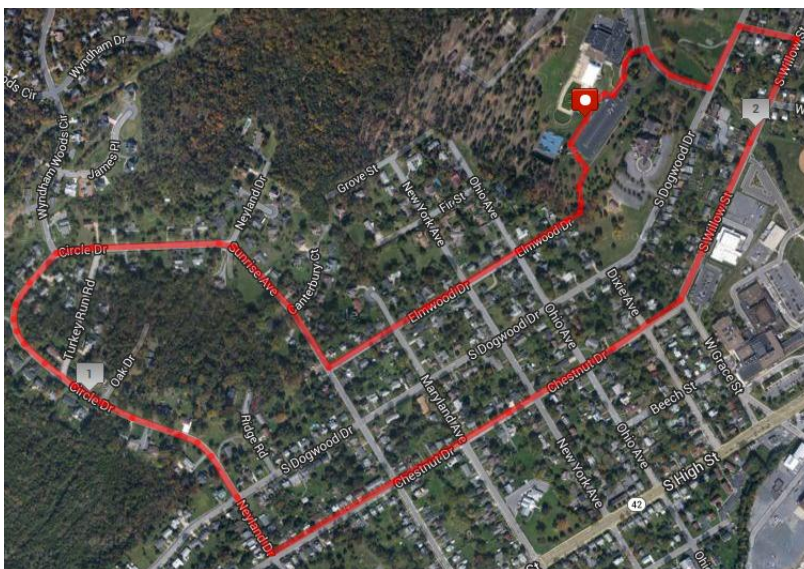
**Registration Information:** \$20/participant. Visit [www.harrisonburgva.gov/athletics](http://www.harrisonburgva.gov/athletics), call 540-433-2474, or email [Matthew.Little@harrisonburgva.gov](mailto:Matthew.Little@harrisonburgva.gov).

**Distances:** Ages 10-14: Swim 100 meters / Bike 2.5 miles / Run 1 mile

Ages 5-9: Swim 50 meters / Bike 1 mile / Run 0.5 miles

**Course:**

### 2.5 Mile Bike Course (Ages 10-14)



### 1 Mile Run Course (Ages 10-14)





### 1 Mile Bike Course (Ages 5-9)



### 0.5 Mile Run Course (Ages 5-9)



**Race Day Instructions:** Participants will need to check-in between 6:30am-7:30am. At this point all participants who have not yet setup their essentials in the transition areas need to do so immediately. We will have bike racks setup for each participant's bike, and each participant will have their shoes, shirt (with attached race bib to the front), etc. placed in the designated area. All participants will need to have their body marked with their race number. Bike helmets are required.

**Swim:** All participants will begin with their swim portion in the water. The swimming event will take place in Westover Pool in the Olympic Pool. We will be using the width of the pool which is in increments of 25 meters. So ages 5-9 will be up and back, ages 10-14 will need to do this twice. Due to limited lap lanes, we will be doing starts in various waves based on participants assumed swim completion time. We will take care of the timing differentials at the conclusion of the event. Spectators may watch the swim portion from the designated area. If participants become too tired to continue and need help, we will have lifeguards on duty.

Swimmers in the 5-9 age group will be permitted to use kickboards if they desire.

**Bike:** Upon completion of the swim portion, participants will exit the pool through the gate and immediately go to the transition area for their shoes, shirt (with race bib attached to the front), helmet, and any other essentials. Participants must do this on their own, they cannot receive any assistance. They will then head to the bike racks to collect their bike and complete the cycling portion of the event. Each participant must have their helmet on, and fastened prior to exiting the transition area. There will be designated mount and dismount areas for bikes, please do not mount your bike inside the transition area. Both cycling routes run through the surrounding neighborhood and return to Westover Park. Both routes are posted above. Please be aware of other participants throughout the duration of your ride. We will have course marshals throughout the course, however please remember the roads are not closed. As traffic may be light, this is an open course, so please be aware of your surroundings. Please follow the course marshal's instructions for proceeding through intersections, if they don't feel it's safe, they may need to stop you.

**Run:** Once participants have completed the cycling portion, they will return their bikes to the racks, and then complete the final leg of the event, running. The majority of both running routes are within Westover Park, and will end at the same area as the cycling portion. Both routes are posted above. A small portion of the running course is on open streets, again please be aware of your surroundings. We will have course marshals throughout this course as well.

**Finish:** Upon completion of the running portion, the participants have achieved their goal and completed the tri-athlon. Participants will then receive their finisher medals, have time to gather themselves, and meet up with parents. Please make sure to clear the finish line and transition areas as soon as possible. Please gather all belongings from the transition area immediately, or wait until the final finisher in the age group. Ages 10-14 must have their gear cleared from the transition area by the start of the 5-9 age group. We will get the race times and results together as soon as we can. Times will be recorded for all three portions, along with transition times. Ages 10-14 are encouraged to stick around and cheer on the 5-9 year olds that will be competing next.

**Water Stations:** We will have water stations setup at the transition area. Participants will have the ability to get water after completing the swim, bike, and run portion. Participants may provide their own water sources including water bottles for biking, or running.

**First Aid Station:** We will have first aid available at the transition area. Parent and child should report to the first aid station. Course marshals will have the availability to contact the course supervisor or EMTs for additional assistance. Each course marshal will have each participant's emergency contact information if needed.

**Restrooms and Locker Rooms:** Locker Rooms are available inside Westover Pool. Restrooms are available inside the Community Activities Center and Westover Pool. The Harrisonburg Parks and Recreation is not responsible for lost or stolen belongings.

**Parents:** Participants are not allowed to have any assistance throughout the event. Please do not follow your child throughout the course as you may interfere with other participants. Parents please remain in the designated areas, clear of the course. We have the course setup where the start/finish line and all transitions occur in the same area. This area will be very visible from the viewing areas. This will minimize confusion by our competitors.

This event is intended to be a fun introduction to triathlons, please attempt to relax and enjoy the time during the event. We stress that this is non-competitive, so please encourage your child and all participants throughout the event. Any negative comments or actions will not be tolerated, and you will be asked to leave the premises. We want this to be a positive experience for all competitors, in hopes that they return for future events. Please help us reinforce this.

**Participants:** We urge everyone to come out and do their best during all three portions of this triathlon. With that being said, we want you to keep your own health and safety in mind. If you start to feel sick, dizzy, cramping, shortness of breath, etc., please stop competing and come off of the course. The course will always be there, you can compete in future events, don't risk your health and safety in order to finish. If you need assistance, find a course marshal, event staff, or parent.

Most importantly have fun, enjoy competing in this event, and feel proud once you have completed. Encourage other participants, and congratulate them upon completion. We are all out to finish, let's reinforce that.

**Results:** Results will be emailed to participants by the end of the day. Results will be listed in alphabetical order, not in places or order of finish. Results will be posted the following Monday at [www.harrisonburgva.gov/athletics](http://www.harrisonburgva.gov/athletics).

**Inclement Weather:** There will be no rescheduling of this event due to inclement weather. The event will simply be cancelled.